

# EWG's Shopper's Guide to Safer Sunscreens

## TOP 10 SUNSCREENS

1. **Blue Lizard** (anything without oxybenzone)
2. **California Baby** (anything with SPF 30+)
3. **CVS** with zinc oxide
4. **Jason Natural Cosmetics Sunbrellas Mineral Based Sunblock**
5. **Kiss My Face "Paraben Free" series**
6. **Neutrogena Sensitive Skin Sunblock**
7. **Olay Defense Daily UV Moisturizer (with zinc)**
8. **SkinCeuticals Physical UV Defense**
9. **Solar Sense Clear Zinc for Face**
10. **Walgreens Zinc Oxide for Face, Nose, & Ears**

## READING THE LABELS

### BUY

- **SPF 30 or higher** for best protection.
- **At least 7% zinc oxide or titanium dioxide** for broad spectrum protection.

### AVOID

- **Oxybenzone or benzophenone-3:** skin absorption, allergies, hormone problems
- **Spray and powder sunscreens:** inhaling sunscreens can pose extra risks
- **Fragrance:** allergies, reproductive problems
- **Sunscreen with added bug repellent:** you can get too much of the pesticide in your body
- **Coppertone, Neutrogena and Banana Boat:** fewer than 5% of their products are recommended as safe and effective

## WHY SUNSCREEN MATTERS

More than 1 million people in the U.S. will be diagnosed with skin cancer this year. This number has steadily increased over the past 10 years. Sunscreen is more important than ever.

## IS YOUR SUNSCREEN SAFE?

EWG's Sunscreen Investigation found that of nearly 1,000 name-brand sunscreens, only 1 of 5 provided adequate protection from both UVA & UVB radiation with few ingredients linked to known or suspected health hazards.

## FDA IS FAILING

After 30 years of delay, the government has failed to set mandatory, comprehensive sunscreen safety standards to protect consumers' health. In August 2007 FDA proposed first-ever UVA standards for sunscreen, but the rules are not yet final. In the meantime, companies are making misleading claims about product quality, and ineffective products crowd store shelves.



## TOP 6 SUNSCREEN TIPS

1. **Protect kids!** Everyone is at risk from sun damage, but children are more sensitive to heat stroke and have higher risk for skin cancer later in life when they get too much sun. Keep children under 6 months out of direct sun.
2. **Avoid midday sun when intensity peaks.** Summer sun is more intense between 10 and 4, also at high altitudes and in the tropics.
3. **Seek shade or bring your own.** Cover up with a shirt, hat, and UV-protective sunglasses. Remember that invisible rays can reflect up toward you from the ground, so you may still need sunscreen if you wear a hat.
4. **Slop on sunscreen and reapply often.** Put it on before you go out in the sun. Sunscreen washes off in water and can break down in the sun – reapply often. Wear daily on skin not covered by clothing.
5. **Using bug repellent?** Apply it at least 15 minutes after sunscreen to cut down on the pesticide soaking through the skin.
6. **Buy new sunscreen every year.** Start with our top picks list at [cosmeticsdatabase.com/sunscreens](http://cosmeticsdatabase.com/sunscreens).